

every fortnight

the newham mag

issue 179 // 18 September 2009

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> Memorial park award (pg 20)

A dazzling decade

Ten years of Under the Stars (pg 6-9)

Proud heritage

Dockers remembered (pg 16)

Tea Dance Club

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(These events are for Newham adult residents only)

FREE



Under the Stars proved as magical as ever this year, and we've got the pictures to prove it! We celebrated ten years of free music with thousands of you, and you can see all the photos on pages 6-9.

We never run out of good things to say about the culture in this borough: a sculpture commemorating the history of the docks has been unveiled (page 16), Memorial Park has received a Green Flag award (page 20), our black and Asian heritage is honoured with a series of Black History Month events and both young and old are invited to celebrated Older People's Day (page 26). There's even more in this issue to entertain and inform you – don't miss out, read on!

*Executive member for leisure
Councillor Jo Corbett*

Don't forget – Free inside this issue, In Focus, containing news and events from East Ham, Royal Docks, Forest Gate and Custom House and Canning Town community forums.

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IN BRIEF //

Olympic camping vacation offers "room with a view"

Visitors to the 2012 Games are being pitched a unique budget holiday idea that encourages people to use tents instead of hotel rooms.

The council is improving its camp site at Debden House in Loughton to meet the needs of the modern camper and attract those visiting for the Olympic and Paralympic Games.

Work is also being done to turn it into a Wi-Fi hotspot, allowing campers to trawl the Internet for the latest sports results during the Games. A streamlined system is being introduced to make it easier to book online.

Mayor Sir Robin Wales said: "We are committed to ensuring residents and visitors can enjoy the Olympics. The campsite, which is available for residents throughout the camping season, offers excellent facilities for those unable to afford hotel prices or people who simply prefer a room with a view to the great outdoors."

Police make the pledge

Police will be taking over a section of Stratford Mall on 2 October to meet with the public and talk to them about Newham's Policing Pledge.

Borough Commander Det Chief Supt Simon Letchford will be on hand from 12 noon to 2pm along with crime prevention officers and the Stratford Safer Neighbourhood Team. People are invited to share information about their local area.

Cash in store to beat crime

Time is running out for shopkeepers to access a special crime-fighting fund to help them protect staff and goods.

Independent retailers are eligible for grants of up to £3,000 that can go towards measures such as panic buttons, CCTV cameras, safes and a host of other crime prevention tools. They have until 30 September to submit applications.

The council and Newham Police are urging retailers to take advantage of the Home Office-administered scheme. The cash can be used for security measures such as locks, bars and bollards, which could help to deter potential break-ins.

Councillor June Leitch, executive member for crime and anti-social behaviour, said: "It's important that small retailers make the most of the funding available. It will make them and the communities they serve feel safer."

Newham Police Community Chief Inspector Gary Brown said: "This extra funding will ensure that businesses can go the extra mile to safeguarding themselves and prevent crime."

For more details visit www.grantsadmin.co.uk/smallretailerscapitalfund or call 0845 223 5454.

Vote for your favourite landmark



Residents are invited to vote for their favourite local landmark to be featured in a celebratory set of 33 London 2012 Landmark London pin badges to go on sale next year.

The council has teamed up with the London 2012 Organising Committee to give you the opportunity to choose the location that best represents the borough.

The borough landmarks you can vote for are: The Royal Docks with its vast waterscapes and modern architecture reflecting the shipping history of Newham; Grassroots, the community resource centre in Memorial Park, West Ham, which has environment features including an accessible grass roof; Newham Town Hall in East Ham which reflects the boom time of the Edwardian era; and Three Mills and its surrounding waterways.

Mayor Sir Robin Wales said: "This is your chance to vote for your favourite Newham landmark and link it to the 2012 Games in this unique way."

Have your say and cast your vote before midnight on Sunday 18 October. See the Newham nominations at www.london2012.com/landmark



News

Salute for Guides centenary

Brownies, Girl Guides and Rainbows raised the flag in East Ham's Central Park to mark 100 years of adventure and activities.

The Girl Guide movement was founded by Lord Baden-Powell in 1909 as a way of giving young women the chance to explore, learn and achieve. It echoed the Scouting movement for boys, which was already established.

To mark the 100-year birthday, Mayor Sir Robin Wales joined them for a special flag-raising and the release of white doves, courtesy of Debbie and Danny Hebert from The White Feather Company in Hornchurch (pictured top left).

Sir Robin said: "I was delighted to see so many young people turn out to honour the Guide tradition. I hope many more are encouraged to get involved in Brownies, Rainbows and Guides, whatever their age."



Newham Brownies meet Sir Robin and Cllr Shama Ahmad (third right)



HMS Somerset visit by Deputy Mayor

(l-r) Commander Andrew Burns, Cllr Christine Bowden and Brett Knight



A life on the ocean wave got the thumbs-up from Deputy Mayor Councillor Christine Bowden as she was invited onboard HMS Somerset.

The 4,900-tonne Royal Navy frigate dropped anchor in the Royal Victoria Dock at Custom House. Cllr Bowden met crew member Brett Knight, 25, from Custom House, who has just returned from a six-month tour of the Far East.

Logistics man Brett is a former pupil at The Royal Docks Community School in Prince Regent Lane. He said: "I've been in the Royal Navy for nine years and really enjoy it. I've seen lots of countries and made good friends. However, I do miss going to watch West Ham United play and seeing my family while we are away."

Cllr Bowden said: "It was exciting to be invited onboard and meet the crew. Newham has a close association with the docks and a career working on the crest of a wave must be very appealing for any young person."

If you're interested in a career in the Navy go online to www.royalnavy.mod.uk/careers

UNDER THE STARS PICTURE SPECIAL

More than 32,000 people flocked to East Ham's Central Park during the four-night musical extravaganza, Under the Stars.

This year marked the tenth anniversary of the free concerts, which each year get bigger and better.

The host of entertainment included an invitation to dance to the sounds of the 40s and 50s, a night of Bollywood inspired music headlined by Malkit Singh and Miss Pooja, a tribute to Motown and a fantastic fireworks finale to the sounds of the Royal Philharmonic Concert Orchestra.

Mayor Sir Robin Wales said: "It was a

great occasion with families and friends gathering over the four nights to share in the atmosphere – and it was all free.

"One of the best things about this borough is the way we can bring people together with events like this. We do more than any other local authority for people to have fun and be active."

On the first night of the event there was a poignant flag-raising ceremony to mark 70 years since the declaration of war between Britain and Germany.

Royal British Legion members and 91-year-old RAF veteran Squadron Leader Mohinder Singh Pujji, a former Newham

resident who flew Hurricanes and Spitfires during the Battle of Britain, were special guests. Mr Pujji was awarded freedom of the borough in 2000.

Other events during the celebrations were a picnic and party for children and there was also a flag raising ceremony to mark the centenary of Girl Guiding. One lucky bride-to-be even celebrated her hen party at Under the Stars. Linda Webb from Manor Park is marrying Paul Munroe in October. Said the Mayor: "We all wish the happy couple the best of luck – and what a great way to celebrate your hen party."



(clockwise from top left) Sir Robin Wales and Cllr Joy Laguda meet the Brownies; (l-r) Honouring memories of WW2, coronet player Emily Stokes joins Sir Robin Wales and RAF veteran Mohinder Singh Pujji on stage; Singing his heart out: king of Bhangra Malkit Singh; Bridal party: Linda Webb (3rd from left) and her hens allow Sir Robin to be an honorary stag.



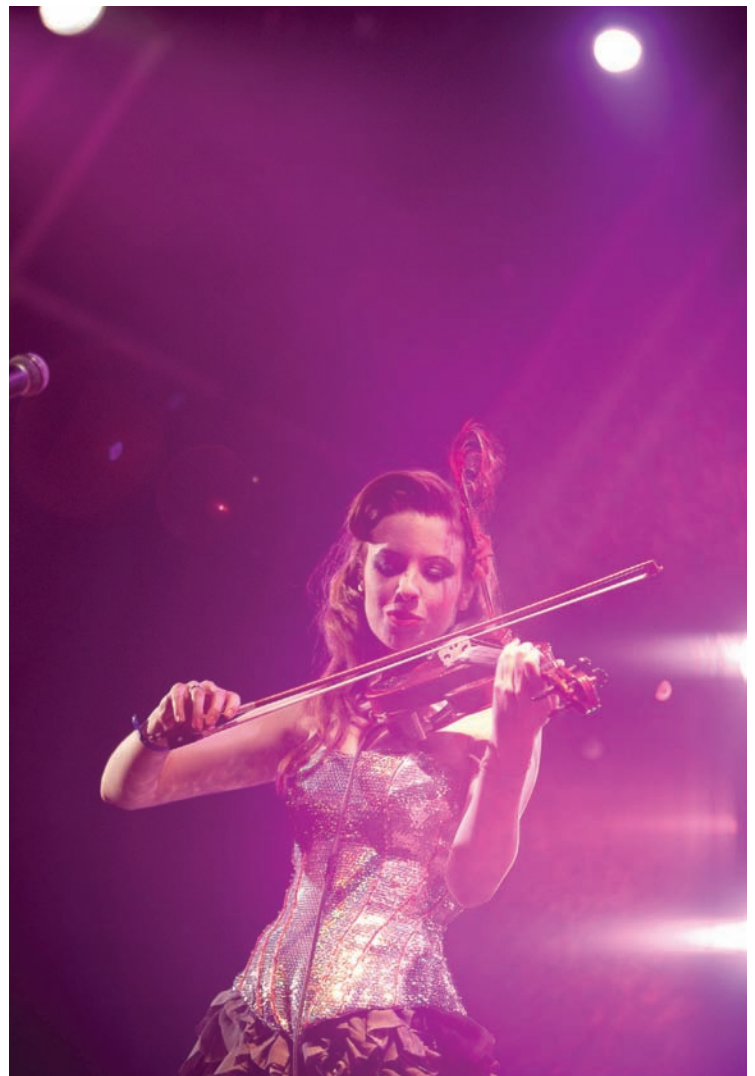
Families flock to the finale on Sunday night



Cat nap: too much fun for some



Dance to the music: Motown night moves the crowd



A sparkling performance from the Puppini sisters



Hands up if you're having fun:
children's entertainment proves a winner



Stepping lively at Come Dancing With Us



Diva in the spotlight: Miss Pooja



It's the final night of Under the Stars but no one's flagging



Float like a butterfly: Saturday's sack race



Standing or sitting, people can't resist the boogie



Firing on all cylinders for the finale



Dream team: the Supremes steam up Saturday night

A day to remember

There are many things that make me proud to be the elected mayor of Newham – and none more so than the events that took place on Thursday 3 September.

I was proud that our fantastic free Under the Stars music concerts, which attract thousands of you to East Ham's Central Park every year, reached their tenth anniversary milestone.

I was proud that the one minute silence and raising of the Union flag to commemorate the 70th anniversary of the declaration of the Second World War between Britain and Germany, was impeccably observed. In an area that felt the brunt of Hitler's bombs during The Blitz, this was particularly poignant.

And I was even more proud that it was the day when Prime Minister Gordon Brown and his Cabinet came to Newham.

Yes, the UK Cabinet met on the site of the 2012 Olympics in Stratford as part of their programme to hold meetings outside of Whitehall. And while they were here, ministers carried out a series of engagements across the borough to see some of the good work we are putting in for residents.

Harriet Harman, leader of the House of Commons and minister for women and equality, visited our offices at Newham Dockside to see how staff from various locations have

been brought together under one roof, saving us money and making services more efficient.

Work and Pensions Secretary Yvette Cooper visited Westfield in Stratford and praised the link-up with our Workplace programme, which has helped more than 3,000 people into work since May 2007.

“Ministers carried out a series of engagements across the borough to see some of the good work we are putting in for residents.”

She had nothing but good words to say about what we are doing with developers and companies to make sure it is local people who get jobs from the 2012 Games.

Foreign Secretary David Miliband toured the Stratford Multi-Use Games Area where he met council representatives and community sports coaches and young people taking part in sport. He spoke of how he thought the 2012 Games will help community cohesion.

Mr Miliband also met members of our Youth Council and joked that he should “get some lessons” about securing votes from our elected young mayor Joshua Adejokun.

Ed Balls, the Secretary of State for Children, Schools and Families came to Portway School in Plaistow where he and I sat down to eat with pupils to showcase our free school meals programme for all primary school children.

Everyone knows how important school meals are; we pride ourselves in having some of the best. The programme means we can make a huge difference to the lives of pupils and families, particularly those on the breadline.

Many families have felt extra pressure on their budgets during the recession so this is a great way of both putting money in their pockets and of improving children's health and fitness.

Other ministers out and about were Communities and Local Government Secretary John Denham who visited a new community facility in Stratford to talk about the long-term benefits of the 2012 Games to residents living around the Olympic Park. Olympics Minister Tessa Jowell also gave a briefing on the development of the Olympic Park.

The visits were a great opportunity to highlight how we are maintaining the well-being of residents and delivering efficiently the services you say are important to you.

We want a strong and cohesive community in which we can all share. Thursday 3 September certainly showed that.



Mayor's view



Top row (l): Sir Robin and Harriet Harman MP at Newham Dockside.
Top row (r): Ed Balls MP enjoys a free school meal at Portway School.



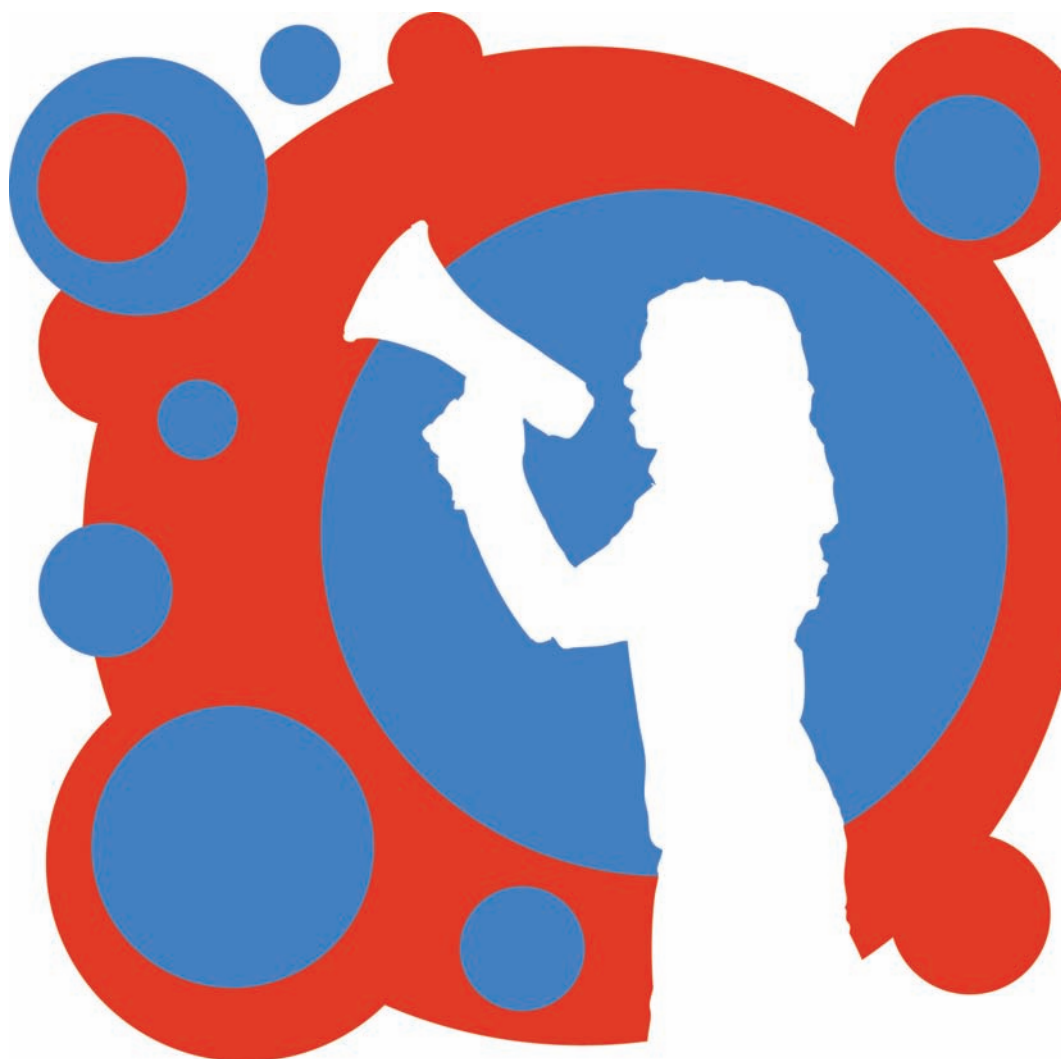
Middle row (l): Ed Balls MP (left) with Portway pupils, Sir Robin and Cllr Peppiatt (right)
Middle row (r): David Miliband MP meets Young Major Joshua Adejokun and Deputy Young Major Tommy Seagull at the Multi-Use Games Area (MUGA).



Bottom row (l): Yvette Cooper MP and Deputy Mayor Christine Bowden meet Westfield staff.
Bottom row (r): David Miliband MP (centre) is joined at the MUGA by Sir Robin and Newham cllrs.

with Sir Robin Wales

Cream of the crop: choose your nominees for Young Mayor



The race to become the next Young Mayor of Newham is heating up. With all the nominations now in, we're entering the next phase of the competition: the primary election.

What is the primary election?

A primary election is one of the most exciting parts of the competition. It is a process of elimination to select individual candidates from a list of nominees.

How do I decide who to vote for?

From 22 September you can read all about the nominees for Young Mayor here: www.newham.gov.uk/youngmayor/elections, and download their manifestoes, as well as instructions on how to vote.

You should pick 15 of your favourite nominees – if you try to vote for more than 15 young people, your votes will not be counted.

Why do I have to vote for so many nominees?

The 15 nominees who receive the most votes will be elected to Newham's Youth Council. The Youth Council choose topics and service areas to examine in more detail, making sure that they best serve the needs of local young people. With the Young Mayor, they are responsible for distributing more than £1.5m from the Youth Opportunity and Youth Capital Funds on local activities and facilities for Newham's young people.

The 15 nominees chosen at the end of this round will also be your final candidates for Young Mayor.

How do I vote?

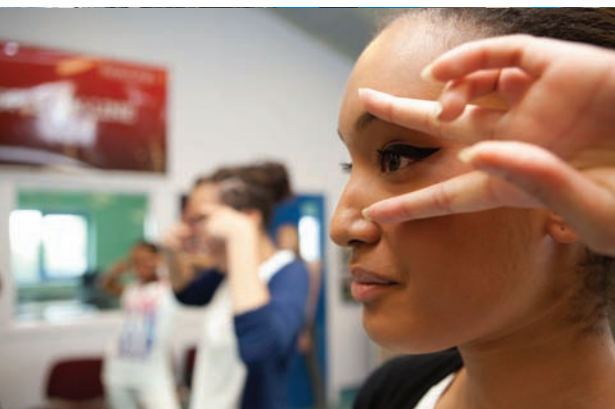
Go to www.newham.gov.uk/youngmayor/elections and follow the links.

You can **vote online between 7am on Thursday 24 September and 4pm on Wednesday 30 September**. For your votes to count you must submit them before the deadline.

It is really important to use as many of your 15 votes as possible as they will all be counted. This will make sure that you have a really strong Youth Council and that you get to choose your best possible representative to be Young Mayor for Newham when the final election takes place by paper ballot on 21 and 22 October.

Remember to tick 15 boxes and use all of your votes!

Sir Robin and Cllr Richard Crawford with youngsters who completed a photography project.



Summer of fun



Newham's young people had no excuse for feeling bored over the recent holidays thanks to the council's summer events programme.

More than 5,000 of them took part in a host of fun, games, lessons and events and they were keen to show Mayor Sir Robin Wales what they had been up to during a Newham Summer Youth Activities Showcase.

The event at Stratford Circus was an opportunity to recognise the talent and skills of the young people involved. More than 2,500 hours per week of activities were provided in sport, performing and visual arts, outdoor pursuits and family fun days amongst many others.

More than 100 venues were used from leisure centres, schools and colleges to

libraries, parks and open spaces, theatres and youth and community centres.

Sporting activities included anything from basketball, netball and football to swimming, fencing, water sports as well as multi-sport for the disabled.

Performing arts activities proved popular from singing and film-making to cheerleading and circus skills. There were dance classes from Bollywood and Bhangra to salsa and tap. Visual arts were covered by anything from photography and jewellery making to puppet making and food art. Add to that hairdressing and journalism, business skills and a reading challenge.

In addition, the summer school programme provided almost 3,200 hours of tuition to more than 1,300 students

on more than 150 courses at 28 centres. Some courses could have been filled five or six times over.

The showcase in Stratford included presentations from across the range of activities. Sir Robin said: "Newham's summer events programme really is the biggest and the best because our young people deserve it. "We should all be inspired by the talent and skills of our youngsters. We want them to take part, learn something new and realise their potential."

Summer school might be over but holiday school is on the horizon. Collect your brochure from libraries and Local Service Centres in October for the half-term programme.

FREE TRAINING

YMCAfit Gym Instructor Course

Course starts: 29th Sept in Tower Hamlets

This qualification will enable you to work full or part time as a gym instructor in a health and fitness club.

Learn about the human body, how to teach people to use fitness equipment safely and correctly and how to plan an individual gym programme.

You are eligible if you are:

- Female
- Unemployed (not JSA)
- Bangladeshi, Pakistani or Somali
- Aged 20+

Travel & Childcare will be reimbursed.

Call Erica for details:
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Registered charity no. 1001043

Newham University Hospital **NHS**
NHS Trust

Annual Public Meeting

Wednesday 23 September 2009
4.30 - 7.30pm

All members of the public are welcome to attend

Newham University Hospital NHS Trust
St Andrew's Wing, Glen Road, Plaistow, E13
Academic Centre, Ground Floor, Zone 1

Health Fair 4.30 - 6.00pm

Public Meeting 6.15 - 7.05pm

Question Time 7.05 - 7.30pm

For more information about this event please contact Julie Gaiger on 020 7363 9354.

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Newham Local Housing Allowance (LHA) rates

September 2009

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 78.46
1 bedroom	£ 161.54
2 bedrooms	£ 200.77
3 bedrooms	£ 253.85
4 bedrooms	£ 300.00
5 bedrooms	£ 360.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

From 06 April 2009, the maximum LHA rate payable for new claims is for the five bedroom rate only.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child. This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

NHS
Newham

NHS Newham Annual Public Meeting

22 September 2009

Stratford Town Hall, 29 The Broadway, Stratford, London, E15 4BQ

4.30pm Health Fair

6.30pm – 8pm Annual Public Meeting

All members of the public are welcome to attend

We will be holding a Health Fair which will provide information on a range of services, with the Annual Public Meeting to follow.

Refreshments will be available

Transport: Stratford DLR or tube station
Ramp access is available at the rear of the building.

For more information about the meeting, or to request sign language interpreters contact Savaia Stevenson on 020 8586 6218

www.newham.nhs.uk

Email: communications@newhampct.nhs.uk

Docks rich history is preserved



The years may have passed and the faces were older – but the twinkle in the eyes gave it away. The fondness for the place where they'd spent many a year grafting was still evident. The old docks may have changed dramatically – but it was like they'd never been away.

Stories were swapped about bygone days – of ships, sailors, strikes, loading and unloading, warehouses and cargoes – from a thriving heyday to a sad decline.

But there was a general satisfaction to see new life being breathed into the area – and happiness that their time in the Royal Docks was being cemented in glory.

The handful of former dockers had gathered to see Mayor Sir Robin Wales officially launch the Dockers Statue – a fitting tribute to all those who had worked in the docks from the 1800s to the late 1980s, and the docks communities.

Located close to the west end of ExCeL at the Royal Victoria Dock, the beautiful bronze depicts a typical busy scene. It has three figures – a tally clerk checking goods while a docker prepares to move them from a hoist to another worker's barrow.

The figures are based on real people. Patrick Holland from Custom House, a stevedore for 20 years, is the one with the hat portraying the tally clerk.

Also depicted are Mark Tibbs, a former professional boxer from Canning Town and John Ringwood, a former seaman and ship repairer originally from Custom House but who now lives in Hornchurch. All their names can be seen on the sides of the packing cases.

“This is our history and we should all be proud of it”

Patrick's wife, Newham councillor Pat Holland, and Mr Ringwood had long campaigned for and raised money towards the sculpture.

Newham Council and the Royal Docks Trust stepped in with cash to help make the project happen. More than £200,000 was raised with contributions coming from the Queen Mother, ExCeL, London City Airport, local businesses and trade unions, amongst many others.

The nine-year project was close to Cllr

Holland's heart. Her father as well as her husband Patrick was a stevedore.

She said: “This is our history and we should all be proud of it. At their peak, the Royal Docks group employed around 70,000 people. Being a stevedore was a skilled job and these men could be in the hold of a ship all day unloading or loading. Other dock workers were on the quay helping them.

“This beautiful sculpture means that those times will never be forgotten. There are too many people to mention but I thank everyone who has helped make it happen.”

The sculpture was based on an initial nine-inch model made by former Custom House resident Wally Taylor, now living in Hampshire. It was taken forward by renowned Australian sculptor Les Johnson. The sculpture weighs the equivalent of 3.3 imperial tons and the figures are nine feet tall.

Former docker and union official Ron Webb, 79, from Plaistow, was one of those who attended the launch. He worked in the docks for 34 years. He said: “Time marches on and progress must be made so that's why this sculpture is important.

“Thousands of people from here and abroad will visit this site during the coming years and they will always be able to see a reminder of its heritage. For children it is very important because the past will never be lost to them”

Mayor Sir Robin Wales said: “Newham's key location as the gateway to London has shaped its past and will influence its future. We're looking for ways that we can display our proud history and this sculpture is an impressive part of that.”

“Newham's key location as the gateway to London has shaped its past and will influence its future”



Mayor Sir Robin Wales and Cllr Pat Holland (front 3rd from right) are joined by Newham cllrs and dockers

Docklands of days gone by



As our seasons get steadily wetter, homeowners have added floods to their list of worries. But thanks to Thames Water's flood alleviation scheme and the council, residents in Newham won't find themselves up the creek without a paddle.

The huge project, which has involved close partnership work between the council, Thames Water and contractors Costain has been running since April 2008, involves digging a 3.3km master tunnel and several smaller shafts beneath the borough. This master tunnel will act as a kind of giant reservoir, feeding the excess water back into the sewage

system once the flood risk has subsided. The smaller tunnels will channel floodwater away from drains, so they don't back up and spill smelly water over the roads. More importantly, the risk of flooding to homes will be reduced too; a welcome bit of news for anyone living in the borough.

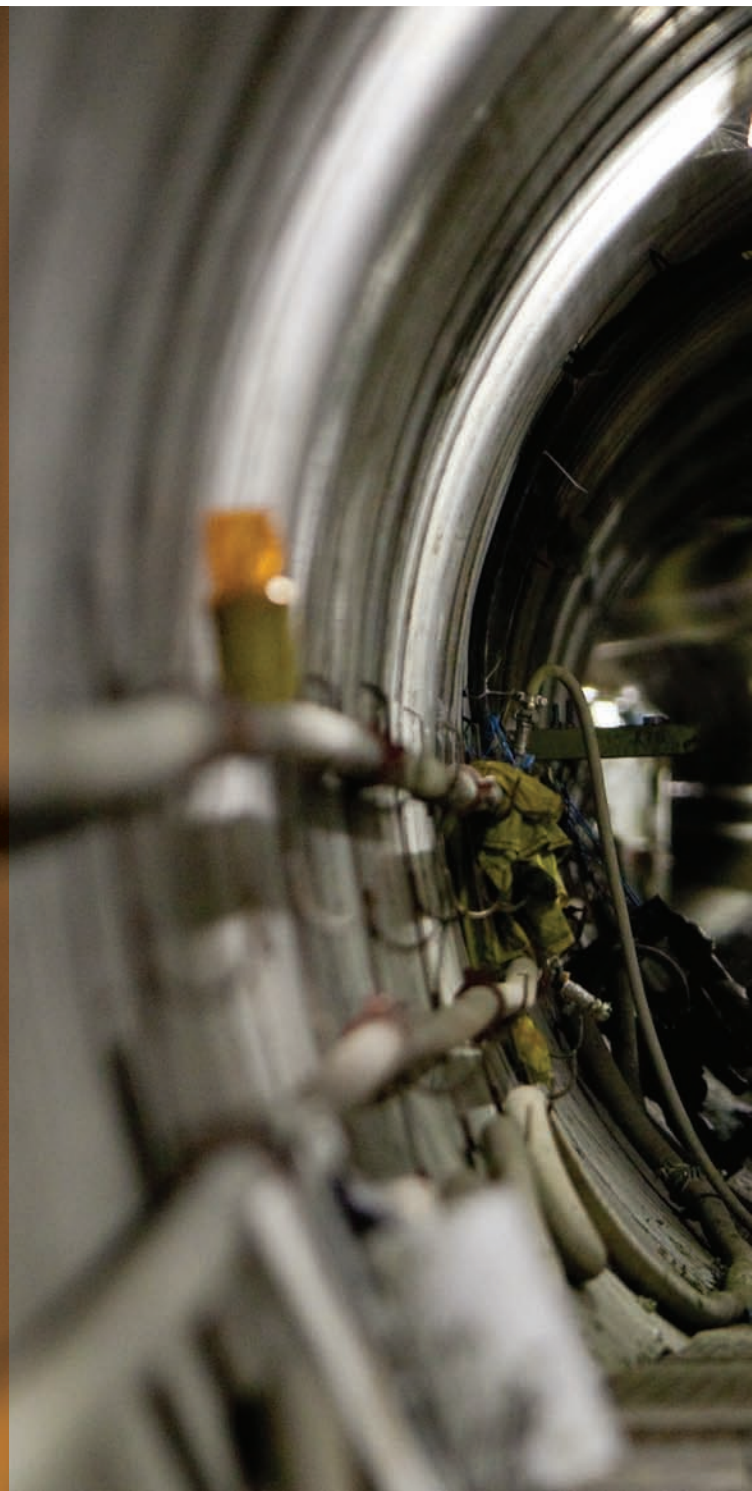
As you might imagine with such a large scale project, residents have experienced a certain amount of disruption, including road closures and parking suspensions in various parts of the borough. But these have been kept to a minimum – Costain are proud that: "digging the main tunnel has been under way largely unnoticed

for around six months; only the smaller shafts have needed road closures" – and these are necessary side effects of a project that will bring flood relief to 700 Newham properties. What is more, the project is set to be completed as early as spring 2010.

Rob's role in the project is as a tunnelling engineer for Costain, overseeing a team of miners and their burrowing machinery. As a boy in Cornwall, where he grew up surrounded by mines, he was always fascinated by the hidden world below ground. He said: "A friend and I bought a caving

Tunnel vision

Rob Smith spends his days in Newham, working 12 hour shifts in a bustling part of Stratford – but the chances are that you have never seen his face. That's because Rob is one member of an underground army of engineers, tunnelling below the borough to keep you high and dry in a storm.



“I love being underground. Actually my time above ground is limited!”

kit and we explored all the mines in the area, potholing and getting to know the underground landscape. I love being underground. Actually my time above ground is limited!” Rob is as good as his word; as we spoke he was off on holiday – to explore a mine in Ireland!

The job with Costain has taken Rob to East London and away from his beloved Cornish mines, but he has discovered that there’s just as much on offer in subterranean London. “I never wanted to move to the city – I’d always loved beaches and countryside – but I love city life now,” he said. And what part of London does he find most interesting? The Underground, of course! He continues: “I like exploring unseen London with my dad. The men on my shift have worked on the Underground and it’s fascinating talking to them about it.” Working beneath the surface does

have its drawbacks however. Rob works back-breaking 12 hour shifts in 40 degree temperatures to bring these improvements to the borough, and some days does not see daylight at all. But, ever positive, he reasons: “At least you never have to worry about the weather forecast!”

Rob’s work in Newham will soon draw to a close and he’s off to survey more tunnels on the south coast, but one thing’s for sure: you may not know his face, but thanks to his efforts and the work of his team, the face of your borough will be protected from floods for years to come.



Greenery and good living in Newham just got another boost as Memorial Park in West Ham became the latest park in the borough to receive the prestigious national Green Flag Award, recognising quality green spaces.

WHAT'S THE GREEN FLAG AWARD?

The award is the national standard for parks and green spaces in England and Wales and is a result of work carried out by the council and West Ham and Plaistow New Deal for Communities. Parks achieving the award are judged to be welcoming, safe and well maintained, with the support and involvement of the local community.

INSIDE MEMORIAL PARK

With a new multi use games area, a third generation synthetic pitch and all weather football and rugby pitches, sport is a key ingredient of Memorial's magic mix, a fact not lost on the numerous local sporting clubs who make use of the park.

GRASSROOTS

The park is also home to the award winning eco building, Grassroots, an exciting community resource providing health and educational resources for residents. With its grass roof, planting beds and interactive fountains, Grassroots is stimulating a wider interest in environment and ecology. It is home to a nursery and Newham's First Line Support team, who help adults with learning difficulties into employment. The centre also has a new play orchard for under-sevens, designed to enhance the biodiversity of the park and encourage children to take part in natural play.

YOUR PARK

Memorial Park also has an active friends group, which feeds into the life of the park and how it's managed. One community project that has come from the group is the gardening club which has worked with local schools to plant fruit and vegetables in the roof boxes at Grassroots.

WHAT'S IN STORE?

On top of all the recent improvements, including improved pathways, new lighting and a mural backdrop designed in partnership with local community groups, an amphitheatre is on the cards for community and school use, due for completion in December. Funding has also been secured for an older play area, with work due to begin in March next year.

For more information about Memorial Park and its friends group email yourparks@newham.gov.uk

Other Newham parks and spaces awarded the Green Flag

Stratford Park, E15; Forest Lane Park, E7; Central Park, E6; West Ham Park, E7; Bow Creek Ecology Park, E16; City of London Cemetery and Crematorium, E12.

A park to remember



NEWHAM STRIDERS AND RAMBLERS WALK GROUPS

Walk your way to health
and meet new friends

Striders and Ramblers walk groups provide a social, enjoyable opportunity for individuals to improve their health and fitness

Local led walks 7 days a week

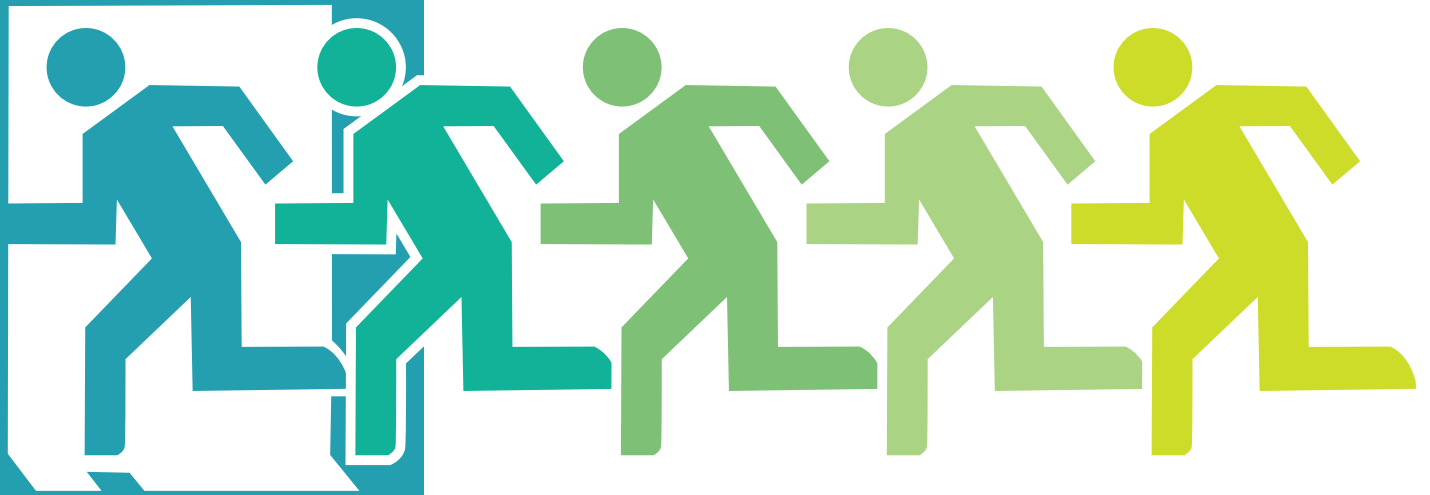
Rambles countryside walk first Saturday of every month

Walks to suit all abilities and pace

For a Newham Striders and Ramblers walk near you visit: www.newham.gov.uk/whatson or contact on 020 8430 2000

Green Street, Royal Docks, Stratford, Three Mills
For our downloadable audio walks/podcast visit: www.newham.com/walks

Better access to GP services



When NHS Newham asked residents last year what improvements they'd like to see in local health services, the need for better access to GPs and extended surgery opening hours came top of the list.

As a result, NHS Newham has spent the last year working hard on two key initiatives to improve access to GP services in Newham. The first of these is the new GP-led health centre located at Vicarage Lane. From 1 September, anyone living in, working in or visiting Newham can access a full range of GP services, seven days a week from 8am to 8pm. This includes:

- > bookable appointments for those registered with the practice
- > bookable appointments for anyone not registered with the practice
- > a walk-in service with no appointment needed.

Robert Moore, director of Primary and Community Services Commissioning at NHS Newham, said: "The way that people access GP services is changing. This innovative health centre will enable residents who would otherwise find it difficult to see a GP to have easy access to a variety of health services. The opening hours, ability to walk in or book an appointment to see a GP seven days a week will be very attractive to busy people across the borough."

The second initiative is the extended hours service. More than 80 per cent of Newham's GPs are now open longer and can offer appointments early in the morning, during the evening or at weekends. This means patients are more likely to be able to get an appointment at a time that is convenient to them. You can find out more about extended hours from your GP practice.

To find out more about access to your local GP services, contact Sarah See, assistant director of Primary Care Commissioning at NHS Newham on 020 7059 2405.



EID MUBARAK

The Muslim feast of Ramadan draws to a close on or around 20 September this year, meaning that Muslims in Newham and all over the world end a period of fasting and prayer with a celebration called Eid-ul-Fitr.

The sighting of the new crescent moon marks the beginning of the month and of Eid-ul-Fitr – so the date changes every year.

How is Eid-ul-Fitr celebrated?

Eid is celebrated differently across the world. What is the same everywhere is that, on the first day of Eid, all Muslims

bathe early and put on new clothes and women apply henna to their hands in intricate designs. After breakfast they attend their local mosque for an Eid prayer ceremony. Children are given gifts, clothes and sweets by their families.

Eating for Eid

As with a lot of religious festivals, Eid is a time when families get together and share special food. Whether you're Muslim or not, why not get into the Eid spirit by baking some of these delicious klaicha, a date-filled pastry from Iraq.

Klaicha

Ingredients

500g plain flour
80g caster sugar
250g unsalted butter, cubed
3 tsp rosewater
60ml water
250g stoned dates
2 tbsp butter

Method

1. Preheat the oven to 180C/Gas 4.
2. Make the pastry by rubbing the butter into the flour and sugar.
3. Add the rosewater, water and mix to make a firm dough.
4. Wrap the dough in clingfilm and leave to chill in the fridge.
5. Chop the stoned dates and sauté them in butter.
6. When the dates are cool, take some of the pastry dough and make a round ball the size of a large walnut. Flatten in the hands, add some cooled dates and fold over into a small crescent. Prick the edges.
7. Bake in the oven for 30-35 minutes until golden brown.

Newham's diverse population was not created overnight; there has been a black and Asian presence here for more than a century. Newham Council's Heritage and Archives are organising several events to take visitors on a journey back in time.

Cllr Neil Wilson, executive member for equalities and social inclusion said:

"Newham is proud of its diversity and Black History Month is a great chance for the whole community to come together. I hope all residents take the opportunity to get involved in the celebrations."

Exhibition

Events

- *I Belong to Newham* at Old Town Hall Stratford will kick off the month on Thursday 1 October. The exhibition will present images of black and Asian people who lived and worked in Newham between the 17th century and the present day, in areas such as Canning Town, East Ham and the Docks. Get involved by helping us identify some of the faces in the photos.

You can help grow the collection of images by loaning and donating images to the Newham Heritage and Archive centre. The exhibition will open to the public on Friday 2 October, and can be viewed Monday – Friday, 9am-5pm and Sunday 10am-2pm.

Discover your roots

- Following the success of the *Who do you think you are?* television series, Tracing Your Caribbean Ancestors is a free six week course beginning Monday 19 October. Family historian Kathy Chater will guide you through the process of tracing your family tree using resources such as library records and the internet.

Film

- A film screening will take place on Thursday 29 October at Old Town Hall, Stratford, at 6.30pm. *Hidden History: The Kamal Churchie Story* is based on the life and work of Kamal Churchie, founder of the Coloured Men's Institute in Canning Town in the 1920s. The film

will be introduced by Kamal Churchie's daughter, Muriel Simpson, and a panel discussion will follow.

Newham Heritage and Archives have been inspired to organise these events by images loaned or donated by local families or people looking to trace their family history.

Anthony Cass, 66, loaned a collection of images to Newham when he wanted to trace the story of his family who lived in Silvertown.

Anthony said: "When I was growing up I used to visit the area where my family lived. I used to hear all these stories, but it was all jumbled so I wanted to find out more. I began by getting copies of birth, marriage and death certificates from the registry office in East Ham. Then two months ago my aunt told me she had a selection of old photos.

"Doing this search has helped create a complete picture of my history. It's no longer a case of two plus two making five!"

CELEBRATE BLACK HISTORY MONTH

October is Black History Month, celebrating the contribution of black people to British culture. Newham will host a number of events to entertain, educate and engage all residents.



Here are some more highlights of Black History Month; all events are free:

- **Design a Newham flag competition** 1-31 October
All Newham libraries

- **Celebration of Newham talent**
An evening of entertainment featuring some of the borough's best talent. Includes poetry by Nick Mamusic, dance and poetry
Friday 2 October
6-8pm, Stratford Library

- **Movie – City of God**
Thursday 8 October
6.30-8.30pm
Stratford Library

- **Nursery rhymes from around the world**
Friday 9 October
10-11am
Beckton Library

- **Storytelling and arts and craft with Diva**
– Monday 12 October
10.30-11.30am
Canning Town Library

- Wednesday 14 October
2-3pm
East Ham Library

- Friday 16 October
11am-12noon
The Gate

- **Movie – RIZE**
Thursday 15 October
6.30-8.30pm
Stratford Library

- **Universal games** – board games from around the world
Saturday 24 October,
3-5pm, Green Street Library

- **Movie – Tsotsi**
Thursday 29 October
6.30-8.30pm
Stratford Library

To find out more about Newham's Heritage and Archive service and all events taking place during Black History Month, call 020 8430 2000 or visit www.newham.gov.uk



Older People's Day: bringing generations together

Whether you're a teen teaching your granny to text or an older person handing down history, this year's Older People's Day is about bringing generations together.

A programme of events, from dancing and bowls to walking and films, will take place from Saturday 26 September to Tuesday 6 October, giving Newham residents the chance to bridge the generation gap and find out what makes each other tick.

Young people can learn from experienced older bowls players with an intergenerational bowls afternoon at Atherton Leisure Centre, Stratford, on Friday 2 October and people of all ages are invited to an historical walk in Central Park, East Ham, on Wednesday 7 October.

The events give the generations the chance to meet, get active and have fun learning new things.

The events will also launch Newham Council's Warm Centres, which officially open on 2 November, giving people aged over 50 a place to meet new friends and keep active during the winter. If you're interested in finding out more about the Warm Centres, come to an information morning at Old Town Hall Stratford from 10am on Thursday 1 October where you can also find out about other services, including pensions and health.

The free events to celebrate Older People's Day are open to everybody throughout the week starting with a 'Witness the Fitness' event where healthy cooking and fitness sessions will be on offer at Newham Leisure Centre, Plaistow, on Saturday 26 September.

Councillor Joy Laguda, executive member for older people, said: "One of our priorities is to deliver services that improve the health and quality of life for older people. Community events and activities like tea dances are just one way of getting them together to have fun and be active."

Get active, get involved – Free events

Saturday 26 September: 'Witness the Fitness' at Newham Leisure Centre, Plaistow, 12-4pm

Thursday 1 October: Information morning and games afternoon at Old Town Hall Stratford, 10am-4pm

Friday 2 October: Open intergenerational bowls afternoon at Atherton Leisure Centre, Stratford, 12-4pm

Saturday 3 October: Ramble to Danbury, Essex. Meet at Newham Town Hall, East Ham, 9.15am

Monday 5 October: Tea dance with guest performances at Old Town Hall, Stratford, 1.30-4.30pm

Tuesday 6 October: Launch of the new Arts and Crafts Club at Beckton Community Centre, 12.30-2pm

Wednesday 7 October: Historical walk in Central Park meet at 1pm at the war memorial at the junction of High Street South and Randle Road

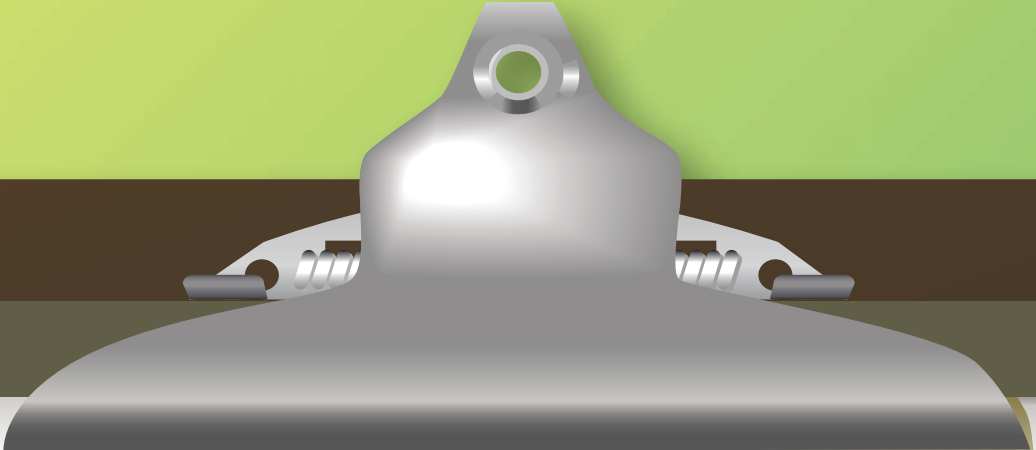
Friday 9 October: Film and coffee morning at Trinity Community Centre, Canning Town 10.30am-1pm





Use the green garden waste scheme to compost your flowers, weeds, grass cuttings and small branches.

Play your part for a Cleaner, Greener Newham.



Registering your details on the electoral roll not only ensures your right to a democratic say in how your borough, and the country, is run but is also essential for things like proof of address for all kinds of credit applications, from buy now, pay later incentives to mobile phone contracts and loan applications including mortgages. And it's not just you that could miss out. If your details are not registered on the electoral roll you're taking away precious pounds from the council purse, as the number of people registered to vote has a direct effect on how much funding the council receives from central Government, money which is used for

Dispelling the myths: true or false?

- Q** If you pay Council Tax you're automatically registered to vote
- A** False: you must register separately for both
- Q** Registering to vote is optional
- A** False: the law requires you to register, although voting is voluntary
- Q** You don't need to return your voter registration form if the details printed on it are correct
- A** False: you must reconfirm your details every year.

essential services from schools to social services. Fundamentally, if you don't register, you can't vote.

Every household has been sent a voter registration form to complete and return with details of everyone residing in the household aged over 16. Failure to do this will result in you losing your right to vote. Registering to vote does not mean you have to vote, that is your personal choice.

How to register

Registering couldn't be easier. Complete and return your form, it only takes minutes to do, or if you've misplaced your form you can request one by calling 020 3373 1600.

If you do not return your form you will be visited by electoral canvassers working on behalf of the council in September and October, who will be calling at properties that have failed to respond.

PREPARE TO MAKE YOUR MARK

Elections aside, if you don't register to vote you could be losing out on more than just having your say.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

**Moving House? Downsizing or decluttering?
Need to store stock, equipment or archive
documents? Looking to store your
possessions during University holidays?
Redecorating or renovating your home or
office? Short of storage space?**



STORAGE AT SEALANDAIR TRANSPORT CO.

Safely storing furniture and belongings can be a headache, but using Sealandair can offer you peace of mind that your goods and possessions are safe, secure and out of harms way. Sealandair offers affordable storage where you are the sole key holder. Sealandair is the convenient, cost-effective storage solution. We can also offer a packing and removal service including packing material.

For any additional information or a quotation, please contact
us on: Tel: 020 7511 2288 Fax: 020 7511 1466
E-mail: frt@sealandair.com Web: www.sealandair.com

Training & Conference Facilities:



**Newham's Professional Development Centre
to hire for meetings, training, seminars & events.***

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

CREDON  CENTRE

0208 430 5943 www.npd.newham.gov.uk

Are you missing out on help towards your rent and Council Tax?

If you are on a low income,
whether or not you work, you
may be entitled to help towards
your **rent and Council Tax**.

**Don't delay – find
out more today!**

Call **020 8430 2000**
Visit **www.newham.gov.uk**
or a **Local Service Centre**

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Newham London

NEWHAM

>> IN FOCUS



Gardening therapy



Enjoy the healing powers of gardening with special sessions for people experiencing mental health issues.

The Dig It sessions happen every other Tuesday from 11am - 1pm at Abbey Gardens, Baker's Row, E15. The next session is on Tuesday 22 September. Places are limited but free. To reserve your place call Shahan Islam on 020 8548 9037 or Chris Cavalier on 07723 733056.

Charity collectors needed

If you have two hours to spare on Friday 25 and Saturday 26 September give them up for a good cause and help collect money for children with muscular dystrophy.

Jordan Samuel from Canning Town was born with Duchenne muscular dystrophy, an incurable and life-limiting condition that causes his muscles to waste away. As he gets older, he will get progressively weaker and be unable to perform simple tasks that we take for granted, such as turning the pages of a book or brushing his hair.

Jordan is asking residents to help with collections in Tesco's at Gallions Reach, Green Street and Bromley-by-Bow. He said: "Please help the Muscular Dystrophy Campaign with their collections. It's only two hours and you'll be helping kids like me get new wheelchairs and other equipment that we need."

If you're able to volunteer email volunteer@muscular-dystrophy.org or call Laura White on 020 7803 2856.

Joe Cole with a Richard House resident



Charity appeal

Richard House Children's Hospice is asking you to dribble a ball to help raise money for the Beckton based charity.

Grab a ball, set yourself a target, dribble it as far and as long as you can and get your friends, family and colleagues to sponsor you.

England and Chelsea star, Joe Cole, popped into Richard House to launch the appeal. He said: "Whether you want to sign up and take the ball 100 yards, or show off your fancy footwork by dribbling a marathon, or get a team together, this is a really fun way to support Richard House."

Dribblethon will take place during Children's Hospice Week (19 - 26 September). People are encouraged to organise their own Dribblethon or register to take part at the Dribblethons at Canary Wharf (23 September) or Finsbury Square in Old Street (24 September).

To find out more about the event and register either visit www.richardhouse.org.uk/supportus/dribblethon or call Viv Talbot on 020 7540 0213.

Yoga for mind, body and soul

Stretch your way to a better life as yoga sessions return to the Grassroots Centre. Every Tuesday you can improve your fitness, focus and concentration, increase your flexibility and stamina and discover a new sense of wellbeing.

The classes take place from 10.30 - 11.30am at the centre in Memorial Park, Memorial Avenue, West Ham. The price is £5, with students and the unemployed paying £3.

For more information contact Karen on 07908 232 377.



Help yourself – win audio book



Let resident Emmanuel Sodipo help you to help yourself with the release of his new book *Believe the Dream*, available to buy at Newham Bookshop, Barking Road, E13, and online at www.amazon.co.uk

Believe the Dream is a self help book which looks at how great leaders like Abraham Lincoln and Albert Einstein overcame challenges in relationships, communications, business and leadership.

The Newham Mag has 10 copies of the audio version of the book to

give away. To be in with a chance of winning answer this simple question: how often is the Newham Mag delivered to households? Send your answers with your name, address and contact email or telephone number to Newham Mag, Newham Dockside, 1000 Dockside Road, E16 2QU or answers by email to Newham.mag@newham.gov.uk marking your entry 'competition'. Entries must be received by Friday 2 October.

Asian elders welcome at Subco

From vegetarian meals on wheels to Punjabi ladies' exercise classes, all this and more is available to Asian elders in Newham courtesy of day care providers Subco Trust.

Subco Trust aims to empower Asian elders with a range of projects, from advocacy to social clubs. The *Souchein* Project helps those who may be sick, lonely, isolated or unable to socialise due to disability or mobility. After initial home visits residents are encouraged to become more active and attend drop-in sessions like those provided as part of the *Theek Thaak* project, which is held on Thursdays; transport to and from the venue, lunch and refreshments are provided.

Whether you're interested in any of the services offered by Subco Trust or know someone who may benefit, get in touch with the team by calling 020 8548 0070 or drop into their headquarters at 49 Plashet Road, Upton Park, E13.



Flanders hosts U-16 tournament

Have a kicking day out at the under-16 Newham Community Sports Five-a-Side Football Tournament, at Flanders Field, Napier Road, E6.

A football tournament and fun day will keep you entertained for hours on Saturday 26 September. If you're a boy in school years ten and 11 you're welcome to enter the tournament, which costs £3, or test your ball control with a football skills competition. Winners of the tournament, which takes place from 9.30am to 12noon, will be presented with the Newham Community Fives Cup, with medals awarded to all participants, courtesy of sponsors Barclays Bank.

At noon the fun begins with an afternoon of activities for all participants and their families.

For more information about the tournament and for an entry form email newham@worldsportministries.com or call Bonny Downs on 020 8552 1486.



Step back in time

A new project to record the memories and lives of people who worked in the East End's many chemical industries is holding a reminiscence session on Friday 25 September at Stratford Library.

The event will be an opportunity for people to look at photographs and memorabilia, share memories and maybe bump into some old work mates. If you or anyone you know worked at Berk Spencer Acids, Boake Roberts (now Bush BoakeAllen), Jeyes Fluids, John Knight and Berger, Jenson & Nicholson Paints, Silvertown Rubber Works, Albright & Wilson or other industries come along to the event.

The project aims to preserve the memories and traditions of industrial workers through oral history interviews, local history education workshops, exhibitions, community plays and more.

Anyone who worked in the local chemical industry is welcome to attend the event at Stratford Library, Hopkins Room, from 2-5pm. For more information and to RSVP contact Laura Mitchison 020 8553 4343 or 07787243656.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU**

**DON'T FORGET - TO WIN A PRIZE YOU MUST
INCLUDE YOUR PHONE NUMBER WITH YOUR ENTRY!**

GALLERY



Afreen Shefana, 8



Helen Ahmed, 7



Nandini Patel, 8



Ayisha Johnson, 7



Win a family day pass to The Quad Club!

Splash around in the pool at The Quad Club with four, one day passes plus two beauty treatments for mum and dad. If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to:

Kids' Corner

West Wing, 4th floor, Newham Dockside, 1000 Dockside Road, London E16 2QU

Don't forget to write your name, age, address and contact telephone number on your entry - good luck!



The Quad Club, Crowne Plaza London - Docklands, Royal Victoria Dock, Western Gateway E16 1AL

thequadclub.com

Poem

The Mark Poem

Do I dare see my mark?
I know it's dangerous
Like a shark

The thoughts of it
being bad
Go round in my mind
They make me mad

What if it's a D
Or E
Or maybe F?!

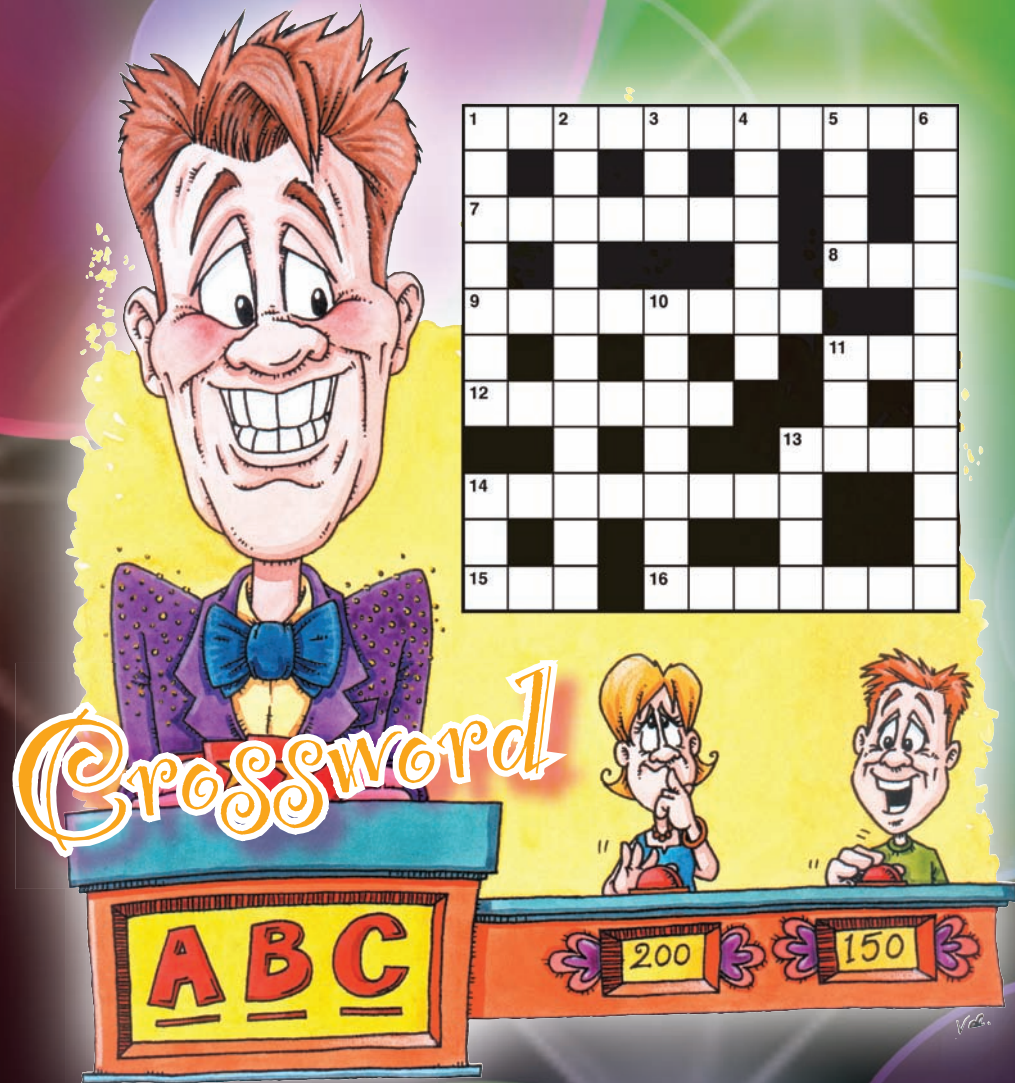
I dare not look
Just in case

Then again maybe
I should
You never know
It might be good.

I open the page
Shut my eyes...
Oh, it's such an age!

Then there it is,
A straight A.
Wow!
Well that's okay

by Demet, 11



Across

1. Competitors in a quiz show (11)
7. World's highest mountain (7)
8. Very large deer (3)
9. Framework of bones in the human body (8)
11. Married woman (3)
12. Opposing forces in a war (6)
13. Piece of an apple which people don't usually eat (4)
14. Disney movie in which Mickey Mouse plays the Sorcerer's Apprentice (8)
15. Fuel used in cooking (3)
16. Unhealthy condition (7)

Down

1. Frank Lampard plays for this London football team (7)
2. He presents 'Deal Or No Deal' on television (4,9)
3. The London _____, a great tourist attraction (3)
4. Fashion item and permanent mark on the skin (6)
5. Longest river in the world (4)
6. England's most famous writer of plays (11)
10. Green gemstone associated with Ireland (7)
11. Noise made by a cow (3)
13. It has candles on it on birthdays (4)
14. Dense layer of cloud (3)

A hand in a white shirt cuff reaches out from the top left, with fingers slightly curled as if offering assistance. Below it, the arm of a person wearing a black coat is visible, reaching up towards the hand. The background is a solid light green.

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or a **Local Service Centre**

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OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

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log on to www.newham.gov.uk/whatson

18 SEPT – 3 OCT

ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their
parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday 2-3pm

The Gate Friday 11am-12noon

Green Street Thursday

10.30-11.30am

Manor Park Thursday

10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford Tuesday 11am- 12noon and Friday 2-3pm

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe Monday

10am-12noon and

Thursday 1-3pm

East Ham Tuesday

10am-12noon and Thursday

10am-12noon

Imaginative Play

East Ham Friday

10.30-11.30am

Messy Play

Beckton Globe Tuesdays

during school term 1.30-2.30pm

ADULT READING

Adult Reading Group

East Ham Monday 21

September 6.15-7.45pm

OTHER GROUPS

Over 50s Club

Beckton Globe

Tuesday 9.45-11.45am

Click-On

East Ham Friday

10am-12noon and 2-4pm

Plaistow Friday

10am-12noon and 2-4pm

ICT Surgeries

East Ham Friday 4pm-5pm

The Gate Thursday

10am-12noon

Manor Park Thursday

2pm-4pm

Writers Group

The Gate Tuesday 30

September 5.30-7.30pm

Knit and Natter

North Woolwich Tuesday 22

September 10am-12noon

Beckton Wednesday 23

September 10am-12noon

YOUNG PEOPLE

Homework Club – For young people aged seven to 14.

School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Friday 3.30-5.30pm

Custom House

Tuesday 3.30-5.30pm

East Ham Monday 4-6pm

The Gate Thursday 4-6pm

Green Street Tuesday 4-6pm

Manor Park

Tuesday 3.30-5.30pm

North Woolwich

Thursday 3.30-5.30pm

Plaistow Thursday 4-6pm

Stratford Monday 4-6pm

Games Club – For children

aged five to 12.

Custom House

Monday 3.30-5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park

Thursday 4-6pm

Teenage Games Club –

PS2 and Xbox games, music,
board games and many more
activities for ages 12-16.

Beckton Monday and

Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12 to 21.

The Gate Friday 6-8pm

Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.

The Gate Saturday 26

September 2.30-4pm

Stratford Playerz

Stratford Thursday 24

September 5.30pm-7.30pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford

Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road,

E16 4HQ. 020 7476 2696

Custom House Prince

Regent Lane, E16 3JJ. 020

7476 1565

East Ham High Street South,

E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange

Road, Forest Gate E7 0QH.

020 8430 3838

Green Street 337-341

Green Street, E13 9AR. 020

8472 4101

Manor Park Romford Road,

E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade,

E16 2LJ. 020 8430 5900

Plaistow North Street,

E13 9HL. 020 8472 0420

Stratford 3 The Grove,
E15 1EL. 020 8430 6890
Archives and Local Studies:
020 8430 6881



Community Outreach Services

For more information call
020 8586 6541

SPORTS PROGRAMME

Sessions are open to 8-18
year-olds, free unless
otherwise stated and
for all abilities. For more
information call 020 8430
2484 or visit www.newham.com/2012Games. See
venue code on page 29.

Athletics

Every Friday 4.30-6pm 8 to 19
years, **DF**

Basketball

For ages 8 to 19 unless
otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Monday 3-5pm, WP

Monday 7-9pm, FC

Youngbloods Basketball Club



For more information please contact Caroline Charles 07958 307 657 or Steven on 07940 111 175.

Tuesday 6-8pm, under-15s and under-14s, **EH**
Tuesday 8-10pm, under-18 and under-16 boys, **EH**
Tuesday 5.30-7.30pm, under-16s and under-15s, **NL**
Thursday 6-8pm, under-15 boys national league, **NL**
Saturday 1-3pm, under-13s and minis, **EH**

Cricket

Thursday 5-7pm,
 8 to 16 years
 Newham Cricket Club
 Langdon School
 £1 per session
Tuesday 5.30-7pm,
 8 to 19 years, **SC**
Thursday 4.30-6pm,
 8 to 19 years, **DF**

Football

Monday 6-8pm, **PP**
Tuesday 5.30-7.30pm, **LI**
Tuesday 5-7pm, **ST**
Tuesday 5-7pm, **PC**
Wednesday 4.30-6.30pm, **RV**
Wednesday 5-7pm, 8 to 19 years, **ST**
Wednesday 7.30-9.30pm, 16+ years (£2 charge), **SC**
Thursday 5-7pm, **SC**
Thursday 6-8pm, **FG**
Friday 4-5.30pm (term time only), **SJ**
Friday 6-8pm, **PR**
Saturday 2-4pm, 6 to 14 years (£3 charge), **SC**

Ascension Football Academy

For more information please contact Louise on 07841 749 292.

Saturday
 School years R to 3:
 9.30-10.30am
 School years 4 to 7:
 10.45-11.45am
 School years 8 to 11:
 12noon-1.30pm
 £2.50 per session
 King George V Park

Newham All Star Sports Academy (NASSA)

For more information please visit www.nassa2012.org.uk

Monday 6-7.30pm 12-16 years mixed; 7.30-9pm 18+, **NL**
Tuesday 4.30-6pm at **SB** (girls 11 to 16)
Thursday 6-8pm **CS**, mixed (11 to 16 years)
Friday 16.15-15.30 (mixed 8 to 11years) 3.30-7.30pm (mixed 12 to 16years), **CS**
Saturday 11am-1pm **SB**, (mixed 8 to 11years)

Estates Football and Basketball League

Monday 6-8pm, under-14s and under-17s, **SC**
Tuesday 5.30-7pm, under-12s and under-14s, **DF**
Friday 6-8pm, under-14s and under-17s, **LM**

Newham Swords Fencing Club

Thursday 6-8.30pm
 Kingsford School
Friday 6-8.30pm
 Lister School
 Ages 8 to 18 years

Mini-fence sessions for 5 to 7 year olds

For more information call Linda on 07956 618 898

Football and Basketball

Monday 3-5pm
 Winsor Park
Wednesday 5-7pm
 New Beckton Park Ball Cage
Wednesday 4.30-6.30pm, **FP**
Wednesday 6-8pm, **PL**
Thursday 4.30-6.30pm, **PR**
Thursday 5.30-7.30pm, **BR**
Friday 5-7pm, **LG**
Friday 5-7pm, **CT**

Multi-Sports

Monday 5-7pm,
 8 to 19 years, **LP**
Monday 5-7pm,
 8 to 19 years, **AS**
Tuesday 4-5pm, **CD** (term time only)
Tuesday 5-7pm,
 8 to 19 years, **ST**
Wednesday 4-5pm, **CD** (term time only)
Wednesday
 5-7pm, 8 to 19 years, **TC**
Wednesday 5-7pm, **ST**
Wednesday 4-6pm, 10 to 19 years, **CP**
Wednesday 5-7pm, 8 to 19 years, **MR**
Thursday 5-7pm,
 8 to 19 years, **TC**

Eastlea Handball Club

Thursday 4-5pm
 11 to 18 years
 Eastlea School
Thursday 5-6pm 4 to 11 years
 Eastlea School

Stratford Handball Club

Monday 3.15-4.15pm
 11 to 18 years
 Stratford Secondary School
Monday 4.30-5.30pm
 4 to 11 years
 Stratford Secondary School

16+ schedule

Monday

AIR Football, **ST**
 7.00-9.00
 Twilight Football
 Kingsford Community School
 Kingsford Way Beckton E6 5JG, 6.30-8.30
 Call Martin Tilbury on 020 8522 5778 for more information

Tuesday

Football
 Gallions Primary School
 Warwall Beckton E6 6WG
 3-4.30pm
 Table Tennis
 Britannia Village Youth Centre, 65 Evelyn Road West
 Silvertown E16 1TU
 5.30-7.15pm
 Call Vicky Parver on 020 7476 1252 for more information

Wednesday

Basketball, **WP**, 7-9pm
 East Potential Football, **ST**,
 5-9pm
 Twilight Football
 Kingsford Community School,
 Kingsford Way Beckton E6 5JG, 6.30-8.30pm

Thursday

Table Tennis
 Priory Park Youth Centre



6-8pm

Table Tennis, **WP** (closed for refurbishment) 5-7pm
Football, **WP**, 5-7pm
Call Paul Lemonius on 020 8586 7043 for more information.

Friday

AIR Football, **ST**, 7-9pm
Twilight Football
Kingsford Community School
6.30-8.30pm

Boxing

East Ham Boleyn ABC
East Ham WMC, 2 Boleyn Road E6 3DP
07958124144
Daniel Penny
Monday, Tuesday, Wednesday 5-6pm
West Ham Boys ABC
The Black Lion, 59-61 High Street, Plaistow E13 0AD
020 8472 3614
Lianne Jameson
Monday, Wednesday, Friday 5-6pm
Peacock ABC
Caxton Street North
Canning Town E16 1JL 020 7511 3799
Martin Bowers
Monday, Wednesday, 6-8pm
Newham Boys ABC
Old Bath House
141 Church Street
Stratford E15 1SE
020 8519 5983
Ravinder Atwal / Joe Chapman
Monday, Wednesday, Friday, 6-7.45pm
Fight For Peace
Woodman Street
North Woolwich
London E16 2LS
020 7474 0054
Louise Brown
Phone for session details

Contact any club before visiting.

Venue Addresses

AS Alma Street MUGA
Stratford E15
BR Barking Road Rec
Burgess Road, East Ham E6
TC The CAGE (Chatsworth Active Games Enclosure)
Cruickshank Road,
Stratford E15
CP Cann Hall Park
Off Cann Hall Road, E11
CT Canning Town MUGA
Corner of Freemasons Road and Sophia Road, E16
CD Carpenters and Docklands Centre
98 Gibbins Road, Stratford E15 2HU
CS Cumberland School Sports College
Oban Close, Plaistow E13 8SJ
DF Drapers Field
Temple Mills Lane, off Leyton High Road, E15
EH East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
FP Ford Park,
Canning Town, E16
FG Forest Gate Youth Centre
Woodgrange Road, E7
FC Froud Centre
Toronto Avenue,
Manor Park E12 5JF
LP Langthorne Park
Off Leytonstone High Road, E11
LM Leyton Manor Park
Off Capworth Street,
Leyton E10
LG Lister Gardens Park
Corner of Upper Road and Florence Road, Plaistow E13
LI Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
MR Major Road Ball Cage
Stratford E15
MP Memorial Park
West Ham E15
NB New Beckton Park Ball Cage, Savage Gardens,
Beckton E6
NL Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD

PC Phoenix Cage
Milner Road, West Ham E13
PP Plaistow Park
Balaam Street, Plaistow E13
PL Plashet Park
Woodhouse Grove,
East Ham E6
PR Priory Park Ball Cage
William Morley Close,
Upton Park E13
RV Royal Victoria Gardens
Pier Road, North
Woolwich E16
SB Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
SC Score Complex
100 Oliver Road
Leyton E10 5JY
SP Scud Park Ball Cage
Tant Avenue,
Canning Town E16
ST Stratford Park
Densham Road,
Stratford E15
SJ St John's Community Centre, Albert Road, North
Woolwich E16
WP Winsor Park, Warwall,
Beckton E6

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4-5.30pm

Multi-Activities

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am-12noon

Swimming

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3-5pm
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45-5.45pm
Real Life Parenting, Sundays at Balaam Leisure Centre from 2-4pm

Trampolining / Fitness / Swimming

SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am-4pm

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Susy Massey on 020 7511 4477

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12midday



STRATFORD MUGA ACTIVITIES

Monday

Community Forum Ladies,
5.30-9.30pm

Tuesday

Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday

Handball U12s, Handball
Courts, 4-5pm
Handball U16s TID, Handball
Courts, 5-7pm

Thursday

Newham Junior FUTSAL,
5-7pm
Newham FUTSAL League,
7-10pm

Friday

Focus E15, Football session,
7-10pm

Saturday

Newham EBS Basketball,
12noon-3pm (every 2nd
Saturday of the month)

Newham EBS Handball,
Handball Courts, 10am-1pm
(every 3rd Saturday of the month)
Russian Circle "Zaniye", Old
MUGA, 3-6pm

Key holders: LOCSP: 020
8556 5973; Darren Watson:
0208 430 2489; Leon
O'Sahon: 020 8430 2479

ARTS PROGRAMME

All sessions take place at
Stratford Circus, Theatre
Square, E15, unless stated

Urban Development

Vocal collective audition
workshop Tuesday 22 and 29
September

visit www.urbandevelopment.co.uk for details

Stratford Circus

Shappi Khorsandi, side-

splitting stand up,
Wednesday 23 September,
7pm, £6

Theatre Venture

Adult classes in acting
(beginners and advance) and
writing for performance

For booking and details call
020 8519 6678 or visit:
[www.theatre-venture.org/
SpecialistDramaClasses](http://www.theatre-venture.org/SpecialistDramaClasses)
Classes begin from Thursday
24 September

ALL OTHER LISTINGS

COMMITTEE MEETINGS

The following meetings all take
place at Newham Town Hall,
East Ham, unless specified.

**Newham Partnership
– Better Health and
Well Being Local Action
Partnership Board**

Monday 21 September, 3pm

Standards Committee

Monday 21 September,
6.30pm

Audit Board

Monday 21 September, 7pm

Overview and Scrutiny Committee

Tuesday 22 September, 7pm

Cabinet

Thursday 24 September, 5pm

Newham Partnership – Children's Trust Board

Friday 25 September, 2.30pm
Room EG.04/05, Ground Floor,
Newham Dockside, 1000
Dockside Road, E16 2QU

Licensing (2003 Act)

Wednesday 30 September,
7pm

Crime and Disorder Scrutiny Commission

Wednesday 30 September, 7pm

Meetings are subject to

cancellation. Details of
meetings, agendas and
minutes are available on the
Newham website – www.newham.gov.uk

The forward plan, available
on the Newham website,
sets out all key decisions to
be taken over the next four
month period. The September
edition of the forward plan was
published on 17 August.

OTHER EVENTS

Royal Falcons

Football Club

Football for ages 6+
Beginners, boys/girls welcome
Tuesdays, 6.30-8pm and
Saturdays, 10.30am-12noon
Savage Playing Fields, Savage
Gardens, Beckton. £2-3 per
week for both sessions

For more information call
Nick on 07764 356 077.

Newham Swimming Club

Join this ASA affiliated
competitive swimming club for
ages eight and up.

Training most nights in
Newham leisure centres.
Entry to the club is through
monthly trials.

Contact John Harvey on
07749 724 696 to arrange
attendance at a trial. Visit the
website for more information:
www.newhamswimmingclub.org.uk/howtojoin

Free Indian folk dance workshop

Learn to dance balancing pots
and plates, by clapping hands,
sticks and handkerchiefs to
Indian folk beats.

Saturday 19 September 5-6pm
Grassroots, Memorial Park
West Ham, E15.

Green Gym – get fit gardening

Every Wednesday and 1st and
3rd Saturday of the month

10am-1pm; meet at Norman
Road entrance to East Ham
Nature Reserve. Call Frances on
07845 973 156 or email Mike
on mjw1@onetel.com

Yoga classes

Every Tuesday

10.30am – 11.30am

GrassRoots Centre, Memorial
Park, Memorial Avenue, West
Ham E15 3DB. Price: £5

Unwaged/student £3

Contact Karen on 07908 23 23 77

USEFUL NUMBERS

020 8430 2000

Hundreds of services,
just one number – for all
council enquiries

For questions about
councillor surgeries or to
find out which ward you live
in, call 020 8430 2000 or
visit [www.newham.gov.uk/
yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to Mayor Sir Robin
Wales at Newham Town
Hall, Barking Road, East
Ham E6 2RP or email
mayor@newham.gov.uk

For information about
Community Forums
freephone 0800 519 4015 or
email [community.forums@
newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the
2012 Games and how it will
affect Newham, visit www.newham.com/2012Games

To report anti-social
behaviour call Newham's
24-hour hotline on
0800 731 3300

To speak to the editor of
The Newham Mag, call
Anita Plaha on 020 8430
2000 or email [newham.
mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

Say YES to Newham YES.

The Scheme

The council's Youth Employment Scheme provides an excellent opportunity to develop your skills and obtain a greater chance of gaining permanent employment with Newham Council.

What WE want

Newham Council is looking for young people aged 16 to 17 (or to 18 if you are disabled) on or before 4th Jan 2010, who live in Newham to join our Youth Employment Scheme starting in January. You do not need special skills, work experience or qualifications. But you do need to be ready and willing to:

- Learn and develop your skills.
- Work to your full potential.
- Be a good team member.
- Deliver the best possible service to the people and communities of Newham.

What we offer YOU

Newham YES offers trainees:

- A two year training contract.
- A generous training allowance (£180 per week, pay award pending).
- Work-based qualification, leading to an apprenticeship.
- A chance to add to and develop your skills.
- Invaluable work experience at Newham Council.

The Opportunities

We are anticipating offering up to 25 placements across the council, working towards a variety of qualifications but mainly in:

- Business administration NVQ Level 2

Details of placements will be available at the briefing session

Disabled Applicants

We positively welcome applications from disabled people who are under-represented in all areas of the council. Support in completing applications, for disabled applicants, can be obtained from First Line Supported Employment Agency on 020 8430 2070, ask for Malcolm Finn. Please note that Newham Council operates a guaranteed interview scheme for all disabled applicants who meet the minimum interview criteria.

The Next Step

To book a place on the Briefing Sessions please email HR-Learning-Development@newham.gov.uk (please put YES Briefing in subject line).

To apply go online to

www.newham.gov.uk/yes

or you can contact our Recruitment Team on **020 8430 2190** (24 hr answerphone)

or email: **recruitment@newham.gov.uk**

For an informal discussion about the scheme please call Bena or Geoff on **020 3373 8730**. Closing date for applications: 30th September 2009. Initial Assessments: w/c 5th October 2009. Second Assessments: w/c 12th October 2009. Interviews: w/c 2nd November 2009. Please quote ref: **YT48674A**

To help you find out more about the scheme, we have arranged two Briefing Sessions.

YES Briefing Sessions:

Tuesday 22nd September 2009.

Venue: Old Town Hall, Stratford

Time: 2.00pm

Thursday 24th September 2009.

Venue: Newham Town Hall, East Ham

Time: 2.00pm

Regulation 29 of the Employment Equality (Age) Regulations 2006 permits positive action in circumstances (such as this scheme), as this age range is currently under-represented in the workforce.





Starting school in Newham

Reception class places for September 2010 and January 2011

If your child will be turning five between 1 September 2010 and 31 August 2011 you need to apply for a reception class place.

The deadline for a reception class place for September 2010 and January 2011 is 15 January 2010. If you miss this date you will have less chance of getting the school that you prefer.

From 14 September 2009 you can pick up a reception class application form and a copy of the autumn 2009 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.